




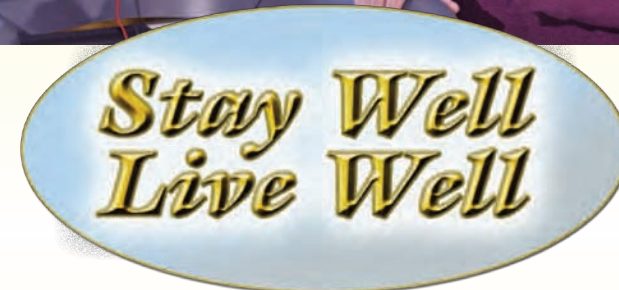
**The Senior Health Insurance Program (SHIP) provides free medicare counseling services throughout Illinois.**

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To learn more  
Call  
**1-800-548-9034**  
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**Announcing  
Medicare's new  
preventive services  
that can help keep  
you healthy!**



**State of Illinois**  
Illinois Department of Insurance



# Stay Well . . . Live Well

## What's new?

In 2011, Medicare started offering preventive services to help keep you healthy. The new services can help prevent certain diseases and can detect health problems early on when treatment works best. Some services are completely free. This means you get to enjoy a healthy lifestyle at an affordable cost!

## Who receives the new services?

Everyone that has Medicare Part B is eligible for the preventive services. The amount you pay varies and depends on whether you get your Medicare benefits through Original Medicare (a fee-for-service) or through a Medicare Advantage Plan (like an HMO or PPO).

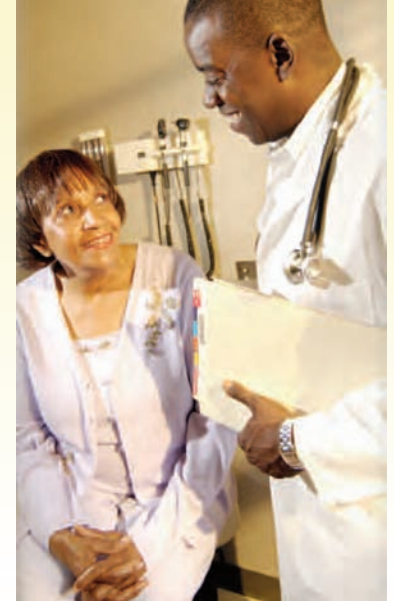


## What services are offered?

Preventive services include exams, shots, lab tests, screenings, programs for health monitoring, counseling and education to help you take care of your own health.

Specifically, services include:

- A Welcome to Medicare Physical Exam
- Yearly Wellness Exam
- Cardiovascular Screening
- Breast Cancer Screening
- Cervical and Vaginal Cancer Screening
- Colorectal Cancer Screening
- Prostate Cancer Screening
- Shots including flu, pneumococcal and Hepatitis B
- Bone Mass Measurements
- Diabetes screening, supplies and self-management
- Glaucoma tests
- Smoking cessation counseling



## For more information

SHIP provides a toll free number

**1-800-548-9034**

or visit [www.insurance.illinois.gov](http://www.insurance.illinois.gov)

